

From the Ground Up – Developing Foundational Skills to Increase Student Success in Team Sports.

Target Audience: Middle School – Secondary Education

Standards addressed:

PE8.1 The physically educated student demonstrates competency in a variety of motor skills and movement patterns

- **Creates offensive and defensive strategies in small-sided games based on situational play.**
- **Performs specialized manipulative skills in small-sided games.**

PE8.2 The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- **Assesses movement and strategies necessary for physical performance in individual activity and team situations (transition from offense to defense and vice versa; offensive and defensive positioning; body position; weight transfer; and communication with teammates)**

PE8.4 The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- **Exhibits personal responsibility and the ability to resolve conflicts in a physical activity setting.**
- **Assumes leadership roles to facilitate class management (team leaders, officials, or equipment managers).**

Our presentation is designed for large numbers of students in a gymnasium with the emphasis on cardiovascular endurance and movement for all. The following games are our lead up games (modified activities) that can be used for a variety of team sports. The games we are playing focus on space awareness, throwing and catching skills, as well as throwing at a stationary target.

Differentiation:

Prior to beginning of skills and game play students will be separated into two different groups – **Competitive and Recreational. We have found our students really enjoy this learning environment more and it certainly increases the participation in class.**

Students can self-rate their ability using the website KemaK - <https://www.keamk.com/>

Example: Rate your ability 1 – 5, 1 being little to no knowledge to 5, currently playing on an organized team or with a club and have some to full knowledge of rules.

Students that rank themselves 4-5 will be placed in the competitive group

Students that rank themselves 1-3 will be placed in the non-competitive group (recreational feel)

Once students are placed into the competitive or non-competitive group teachers can use the Sports Educational Model to give the students responsibilities for their team.

The following games and activities will be presented.

1. Passing and Catching Drill (Star Drill):

Students will be separated into groups/teams and be given the basic instruction of throwing and catching using a variety of equipment (i.e. handball, football, soccer ball, basketball).

2. Pass and Move Drill:

Divide existing group into two even number groups. Students will continue to use their passing and catching skills but now will add movement to the activity. Once you make a **pass** you will **move** to a new spot in general space while evading other students who are moving in the grid. There is no running with the ball. Students can pivot while processing the ball

- **This drill is teaching students in order to receive a pass from a teammate, they will have to find open spaces while in a game like setting.**

*This drill can be used in any sport setting. For example in basketball (chest pass), soccer (pass and trap), football (throw and catch) *

3. Get Out of Here:

Teams will play a pass and move game called "Get Outta Here!"

The objective of this game is to make five consecutive passes without a turnover.

Once five passes have been completed the team will yell Get Outta Here! The team waiting on the sidelines will then run onto the court to start their turn versus the winning team from the previous match.

*This game can be played using any type of ball for any sport. Great for soccer, basketball, floor hockey, football, and handball. *

4. Knock Down:

Students work together as a team to try to knock a ball off the top of the other team's cone or knock the bowling pin over. If the ball hits the ground during play (not while shooting) it changes possession. There is no contact allowed during this game and the offense or defense cannot enter the crease (a circular area surrounding the cone) to shoot at the cone. This game emphasizes finding an open space and accurate passing and catching skills.

Change the ball from a handball to a foam football (to work on accuracy) or to a soccer ball and have the students try to knock over their opponent's pin

5. Ultimate Handball:

Ultimate Handball uses the rules of Ultimate (3 steps, 3 seconds, etc) but uses a smaller rubberized ball indoors.

Initiate Play -- Each point begins with both teams lining up on the front of their respective end zone line. The offense has to pass the ball to a teammate outside the zone. The defense leaves their end zone after the first pass. A regulation game can have up to 4-5 players per team (the game is played very well with 3 vs. 3 and subs coming in every 1 minute. Players must catch the ball with ONE FOOT in bounds

Scoring -- Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score. A player CANNOT run the ball in for a score. It must be a PASS and ONE FOOT must be in bounds.

Movement of the Ball -- The ball may be advanced in any direction by completing a pass to a teammate. Players are not allowed to dribble. Players make take 3 steps before and/or after they receive the ball. The person with the ball

("thrower") has THREE seconds to pass or shoot the ball. The defender guarding the thrower ("marker") counts out the stall count.

Change of possession -- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the ball and becomes the offense.

Large gyms can be split into 3/4 smaller courts using cones for end zones. Students love this fast-paced heart racing game!!!

*Again, change the ball/implement (frisbee) and it becomes Ultimate Football, Ultimate Frisbee, etc *